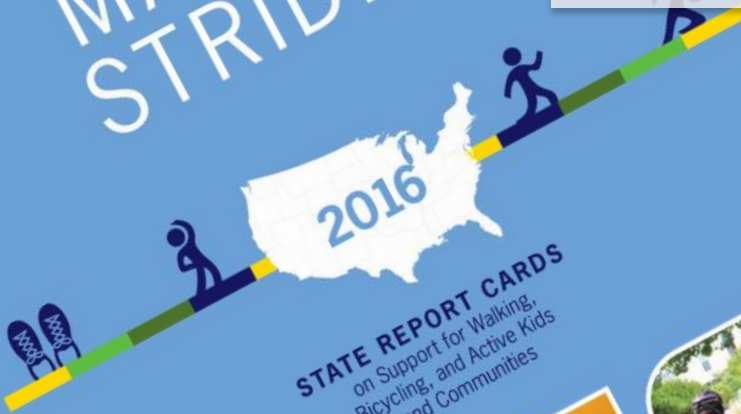




MAKING STRIDES



STATE REPORT CARDS
on Support for Walking,
Bicycling, and Active Kids
and Communities



Making Strides: A Look at Our 2016 State Report Cards

June 15, 2016





About the National Partnership

We are a nonprofit organization that improves the quality of life for kids and communities by promoting **active, healthy lifestyles** and safe infrastructure that **supports bicycling and walking.**

Equity is at the forefront of our work.

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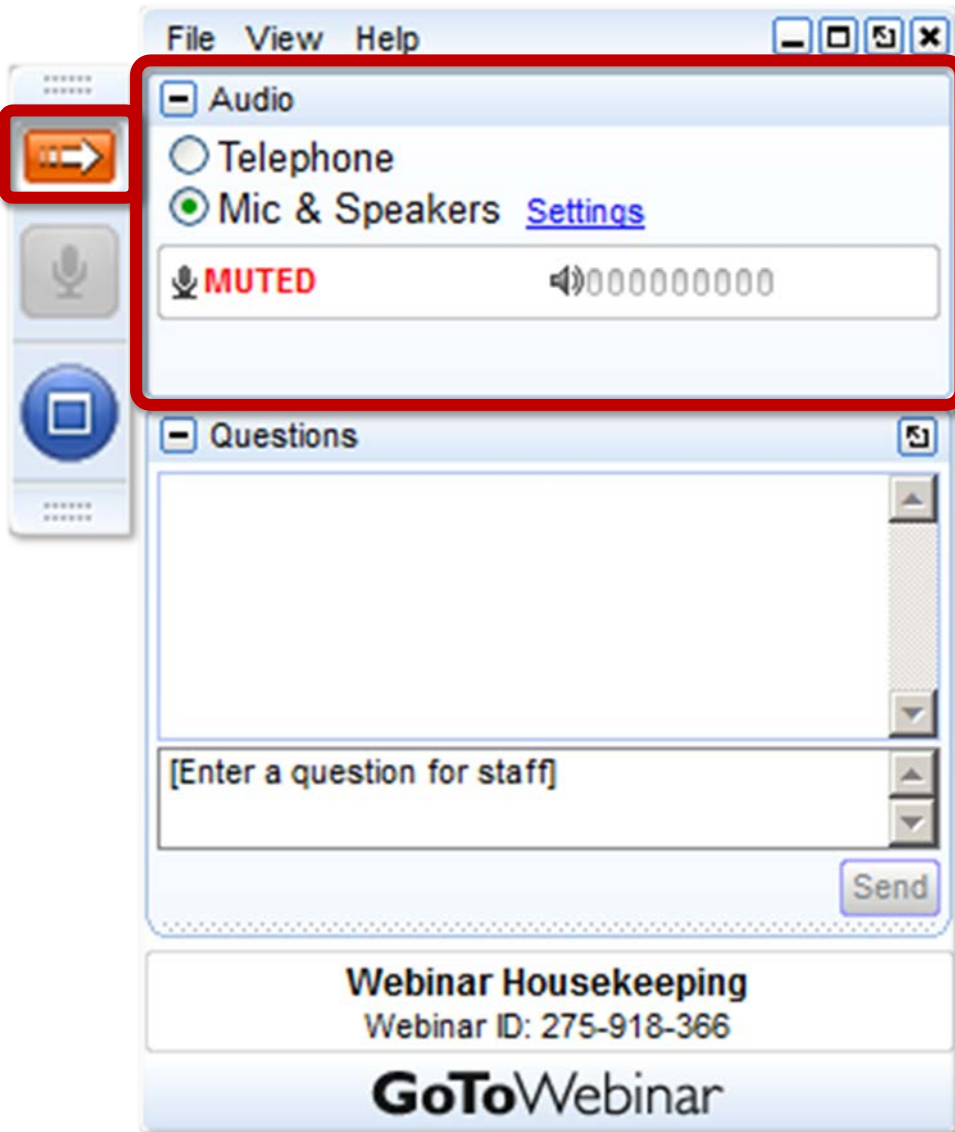
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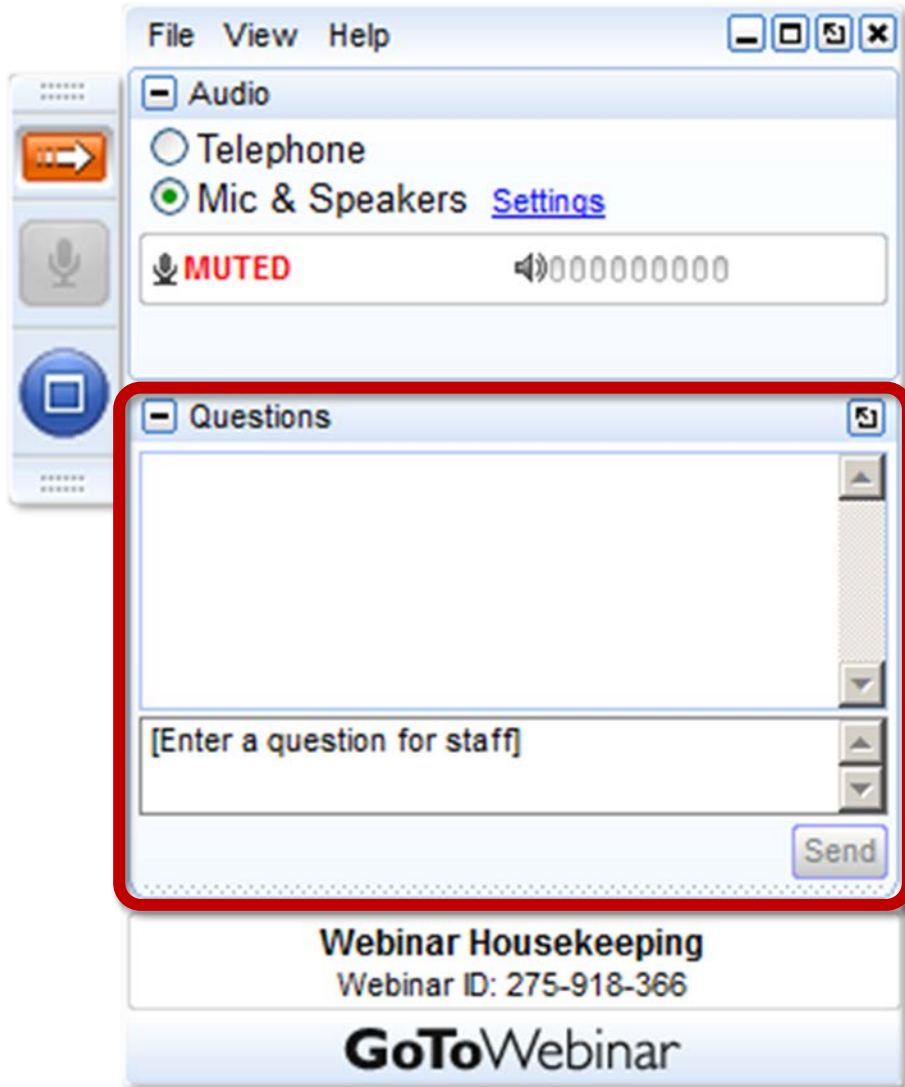
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Webinars

One of the great ways that we love to share resources and expertise is through our regular webinars. Our webinars feature our staff and incredible advocates, Safe Routes to School program staff, government officials, elected leaders, and others from around the country sharing their knowledge and learning on a diverse range of topics.

Upcoming Webinars



January 14, 2016

The New Federal Transportation Bill: What's the Impact on Safe Routes to School?

In this webinar, the National Partnership's federal policy lead, Margo Pedroso, will review the changes to TAP along with other provisions in the FAST Act that provide opportunities for Safe Routes to School funding and policies that make communities safer for walking and bicycling. This webinar will include a substantial Q&A session.

Today's Speakers



Michelle Lieberman

Technical Assistance Manager
Safe Routes to School National Partnership



Sara Zimmerman

Program and Policy Director
Safe Routes to School National Partnership



Margo Pedroso

Deputy Director
Safe Routes to School National Partnership



Jim McGowan

Sr. Manager, State Advocacy
Government Relations & Policy
YMCA of the USA





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Report Overview

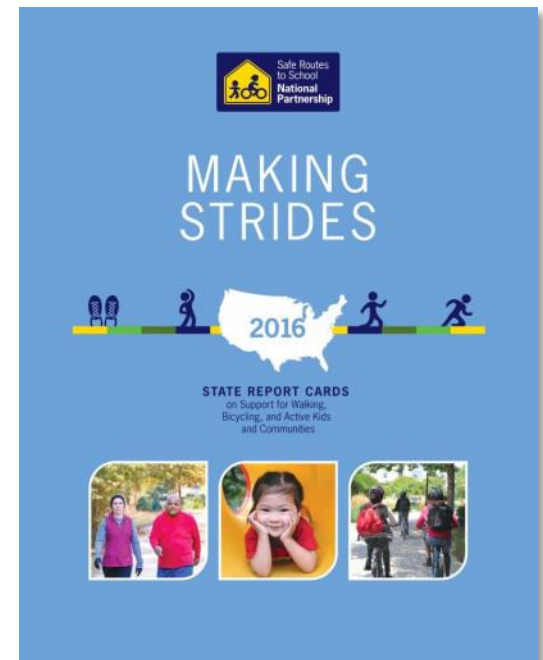


KEY CONTENTS OF *MAKING STRIDES*

Overall goal: Provide a snapshot of how supportive each state is of walking, bicycling, and physical activity for children and adults.

Report includes:

- Research on why physical activity, walking and bicycling matter
- Rationale for state report cards
- Detailed explanation of the scoring, indicators and core topic areas
- The report cards themselves





MAKING STRIDES ON OUR WEBSITE

<http://bit.ly/str1des>

saferoutespartnership.org



Who We Are | Healthy Communities | | Expert Help | Resources

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Full Report
Making Strides: State Report Cards on Support for Walking, Bicycling, and Active Kids and Communities

[Official press release](#)

2016 - Report

2016 State Report Cards

Making Strides: State Report Cards on Support for Walking, Bicycling, and Active Kids and Communities

We've developed state report cards which provide a snapshot of how supportive each state is of walking, bicycling, and physical activity for children and adults as of 2016.

The report cards primarily look at state policy focusing on four key areas: Complete Streets and Active Transportation, Safe Routes to School and Active Transportation Funding, Active Neighborhoods and Schools, and State Physical Activity Planning and Support.

[Click here](#) to view the full report which includes a detailed explanation of how the states were graded.

THE MAP BELOW SHOWS EACH STATE'S OVERALL GRADE. CLICK ON THE MAP TO VIEW EACH STATE'S REPORT CARD.

LACING UP	0 - 50 POINTS
WARMING UP	51 - 100 POINTS
MAKING STRIDES	101 - 150 POINTS
BUILDING SPEED	151 - 200 POINTS

The report cards were developed by the Safe Routes to School National Partnership as part of a partnership with the YMCA of the USA, working together to support communities in becoming places where children and adults can be active and healthy. Support for the report cards was provided by the Centers for Disease Control and Prevention.



SCORING FOR THE REPORT CARDS

- 24 indicators across 4 core topic areas; each individually scored
- 200 points possible
- Numerical score and “grade” in each topic area + overall score and grade
- 4 grading categories that recognize state’s accomplishments as well as room for improvement





Minnesota

BUILDING SPEED



OVERALL SCORE
152 / 200

Scoring Key: LACING UP WARMING UP MAKING STRIDES BUILDING SPEED 100%

Overall grade

Overall points (out of total)

Topic grade

Points earned (out of # points)

Subtotal

Core Topic Area

Subtopic

Indicator

COMPLETE STREETS AND ACTIVE TRANSPORTATION			
Complete Streets Policies	Adopted strong core state Complete Streets commitment	15 / 15	
	Addresses additional jurisdictions in state Complete Streets policy	5 / 5	
	Addresses implementation in state Complete Streets policy	10 / 10	
Design for Active Transportation	Adopted/endorsed NACTO guidelines	6 / 10	
Active Transportation Goals	Adopted goals to lower walking and bicycling fatalities	10 / 10	
	Adopted goals to increase walking and bicycling mode share	5 / 5	
		51 / 55	
SAFE ROUTES TO SCHOOL AND ACTIVE TRANSPORTATION FUNDING			
Active Transportation Funding	Level of funds transferred out of Transportation Alternatives Program (TAP)	10 / 10	
	Held TAP competition	10 / 10	
	Obligated state-controlled TAP funds	4 / 5	
	Provides special consideration for high-need communities	0 / 5	
	Provides matching funds for high-need communities	0 / 5	
Safe Routes to School Funding	Provides special consideration for Safe Routes to School projects using TAP funds	10 / 10	
	Obligated previous Safe Routes to School funds	10 / 10	
	Dedicates state funding for Safe Routes to School	5 / 5	
Safe Routes to School Supportive Practices	Has state Safe Routes to School coordinator	5 / 5	
	Provides technical or application assistance to Safe Routes to School initiatives	5 / 5	
		59 / 70	
ACTIVE NEIGHBORHOODS AND SCHOOLS			
Shared Use of School Facilities	Adopted state policy supporting shared use of school facilities	6 / 10	
	Provides funding/incentives in support of shared use of school facilities	0 / 5	
Physical Education	Adopted national physical education standards	10 / 10	
Supportive Neighborhoods for Physical Activity	Level of access to sidewalks, parks, and community centers for youth	6 / 10	
	Level of access to parks	10 / 10	
		32 / 45	
STATE PHYSICAL ACTIVITY PLANNING			
	Adopted a state physical activity plan	0 / 10	
	Hosts governor's council on physical activity	0 / 10	
	Dedicates state staff to physical activity	10 / 10	
		10 / 30	



Safe Routes to School
National Partnership

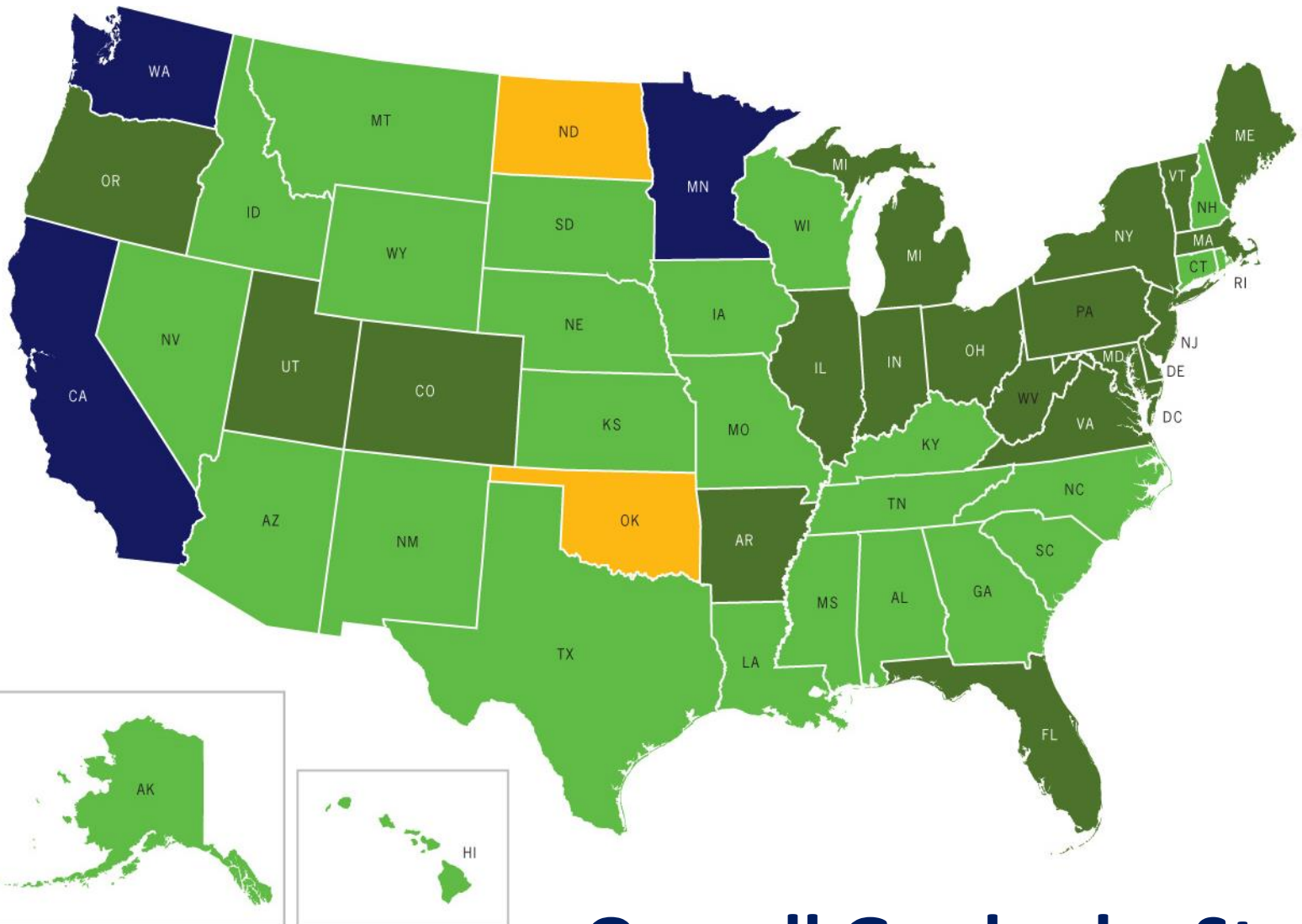
Scoring Key:

LACING UP

WARMING UP

MAKING STRIDES

BUILDING SPEED



Overall Grades by State

**Core Topic Area 1:
Complete Streets and Active Transportation**



Georgia

WARMING UP



OVERALL SCORE

85 / 200

Scoring Key: LACING UP WARMING UP MAKING STRIDES BUILDING SPEED 100%

COMPLETE STREETS AND ACTIVE TRANSPORTATION



Complete Streets Policies

Adopted strong core state Complete Streets commitment	15 / 15
Addresses additional jurisdictions in state Complete Streets policy	5 / 5
Addresses implementation in state Complete Streets policy	10 / 10

Design for Active Transportation

Adopted/endorsed NACTO guidelines	6 / 10
-----------------------------------	--------

Active Transportation Goals

Adopted goals to lower walking and bicycling fatalities	10 / 10
Adopted goals to increase walking and bicycling mode share	5 / 5

51 / 55



Georgia

WARMING UP



OVERALL SCORE

85 / 200

Scoring Key: LACING UP WARMING UP MAKING STRIDES BUILDING SPEED 100%

COMPLETE STREETS AND ACTIVE TRANSPORTATION



Complete Streets Policies

Adopted strong core state Complete Streets commitment	15 / 15
Addresses additional jurisdictions in state Complete Streets policy	5 / 5
Addresses implementation in state Complete Streets policy	10 / 10

What's a complete streets policy?

A policy that ensures that all new construction and renovation of streets creates streets that are **safe, comfortable, and convenient for everyone using them**

Who? People walking and biking, cars, public transportation riders, people with disabilities, and people of all ages.





Georgia

WARMING UP



OVERALL SCORE

85 / 200

Scoring Key: LACING UP WARMING UP MAKING STRIDES BUILDING SPEED 100%

COMPLETE STREETS AND ACTIVE TRANSPORTATION



Design for Active Transportation

Adopted/endorsed NACTO guidelines

6 / 10

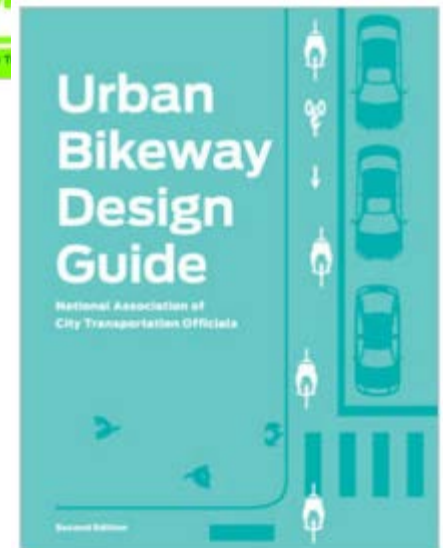
Adopted or endorsed NACTO guidelines: States can endorse/adopt the Urban Bikeway Design Guide and/or the Urban Street Design Guide.

National Association of City Transportation Officials (NACTO) is a non-profit association that represents large cities on transportation issues of local, regional and national significance.

nacto.org

The NACTO Guides

- Outline recommendations for building bicycle- and pedestrian-friendly facilities such as bicycle lanes, signage, and park elements
- The *Urban Street Design Guide* “emphasizes the core principles for making urban streets great public places with an instrumental role in building communities”
- The *Urban Bikeway Design Guide* “incorporates time-tested principles of bicycle facility design, offering a model for safe and comfortable bicycling that is not described in existing national guides.”



The NACTO Guides

- Federal Highway Administration announced support for the use of the NACTO guides in 2013
- *Urban Street Design Guide* is officially recognized as design guidance for federally-funded projects as part of the Fixing America's Surface Transportation Act (FAST Act)





Georgia

WARMING UP



OVERALL SCORE

85 / 200

Scoring Key: LACING UP WARMING UP MAKING STRIDES BUILDING SPEED 100%

COMPLETE STREETS AND ACTIVE TRANSPORTATION



Active Transportation Goals

Adopted goals to lower walking and bicycling fatalities	10 / 10
Adopted goals to increase walking and bicycling mode share	5 / 5

- Published goals to increase bicycling and walking and to decrease fatalities are public commitments to progress
- Provide accountability
- Can found within a highway safety plan, bicycle/pedestrian plan, sustainability plan, or other statewide plans



Planning, Policy + Design

Goal ▶ Triple mode share of bicycling, transit, + walking

MassDOT's statewide mode shift goal is to triple the current mode share of bicycling, public transit, + walking, each by 2030. This goal is built around the idea of providing more access to these modes for our customers, having these modes absorb as much future travel demand as possible and thus leveling off growth of automobile usage. MassDOT is looking to anticipate major demographic changes

Core Topic Area 2: Safe Routes to School and Active Transportation Funding



Alabama

WARMING
UP



OVERALL SCORE

89 / 200

Scoring Key: LACING UP WARMING UP MAKING STRIDES BUILDING SPEED 100%

SAFE ROUTES TO SCHOOL AND ACTIVE TRANSPORTATION FUNDING



Active Transportation Funding	Level of funds transferred out of Transportation Alternatives Program (TAP)	10 / 10
	Held TAP competition	10 / 10
	Obligated state-controlled TAP funds	1 / 5
	Provides special consideration for high-need communities	0 / 5
	Provides matching funds for high-need communities	0 / 5
Safe Routes to School Funding	Provides special consideration for Safe Routes to School projects using TAP funds	0 / 10
	Obligated previous Safe Routes to School funds	10 / 10
	Dedicates state funding for Safe Routes to School	0 / 5
Safe Routes to School Supportive Practices	Has state Safe Routes to School coordinator	4 / 5
	Provides technical or application assistance to Safe Routes to School initiatives	0 / 5
		<u>35 / 70</u>



Alabama

WARMING
UP



OVERALL SCORE

89 / 200

Scoring Key: LACING UP WARMING UP MAKING STRIDES BUILDING SPEED 100%

Active Transportation Funding

Level of funds transferred out of Transportation Alternatives Program (TAP)	10 / 10
Held TAP competition	10 / 10
Obligated state-controlled TAP funds	1 / 5
Provides special consideration for high-need communities	0 / 5
Provides matching funds for high-need communities	0 / 5

- Focus is on the Transportation Alternatives Program (~\$3-80M/state/year)
- TAP is the major federal source of transportation funding for biking, walking, Safe Routes to School
- Accessibility of TAP funding depends on implementation decisions made by each state's DOT



Alabama

WARMING
UP



OVERALL SCORE

89 / 200

Scoring Key: 100%

Safe Routes to School Funding

Provides special consideration for Safe Routes to School projects using TAP funds	0 / 10
Obligated previous Safe Routes to School funds	10 / 10
Dedicates state funding for Safe Routes to School	0 / 5

- Focus is on the availability of funding specifically for Safe Routes to School efforts, through 3 possible avenues:
 - Ensuring TAP funds go to Safe Routes to School projects
 - The state’s usage of the legacy Safe Routes to School funding
 - Whether the state has its own funding source for Safe Routes to School projects



Alabama

WARMING
UP



OVERALL SCORE

89 / 200

Scoring Key: LACING UP WARMING UP MAKING STRIDES BUILDING SPEED 100%

Safe Routes to School Supportive Practices

Has state Safe Routes to School coordinator

4 / 5

Provides technical or application assistance to Safe Routes to School initiatives

0 / 5

- Examining non-financial support for Safe Routes to School
- DOTs that provide dedicated staff and technical assistance can help Safe Routes to School projects flourish

Core Topic Area 3:
Active Schools and Neighborhoods

Indiana

MAKING
STRIDES



OVERALL SCORE

116 / 200

Scoring Key: LACING UP WARMING UP MAKING STRIDES BUILDING SPEED 100%

ACTIVE NEIGHBORHOODS AND SCHOOLS



Shared Use of School Facilities

Adopted state policy supporting shared use of school facilities	6 / 10
Provides funding/incentives in support of shared use of school facilities	0 / 5

Physical Education

Adopted national physical education standards	10 / 10
---	---------

Supportive Neighborhoods for Physical Activity

Level of access to sidewalks, parks, and community centers for youth	2 / 10
Level of access to parks	2 / 10
	<hr/>
	20 / 45

Indiana

MAKING
STRIDES



OVERALL SCORE

116 / 200

Scoring Key: LACING UP WARMING UP MAKING STRIDES BUILDING SPEED 100%

Shared Use of School Facilities

Adopted state policy supporting shared use of school facilities

6 / 10

Provides funding/incentives in support of shared use of school facilities

0 / 5

- School shared-use agreements open up school playgrounds, fields, and facilities for recreational use by community members outside of school hours
- Supportive state policies & funding are two of the key ways to overcome fears and challenges with shared use

Indiana

MAKING
STRIDES



OVERALL SCORE

116 / 200

Scoring Key: LACING UP WARMING UP MAKING STRIDES BUILDING SPEED 100%

Physical Education

Adopted national physical education standards

10 / 10

- As of 2012, all but 1 state had adopted national or state physical education standards
- 43 had adopted standards that were based on the NASPE National Standards for Physical Education

National Standards for K-12 Physical Education

THE GOAL
The goal of physical education is to develop physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity.
To pursue a lifetime of healthful physical activity, a physically literate individual:

- Has learned the skills necessary to participate in a variety of physical activities.
- Knows the implications and the benefits of involvement in various types of physical activities.
- Participates regularly in physical activity.
- Is physically fit.
- Values physical activity as a contribution to a healthful lifestyle.

THE STANDARDS

Standard 1. The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Standard 2. The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard 3. The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4. The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Standard 5. The physically literate individual recognizes the value of physical activity for

Source: National Standards for Human Kinetics, 2014. Visit www.naspe.org

THIS WAY!

The Road to a Lifetime of Physical Activity

SHAPE America
Society of Health and Physical Educators
1900 Association Drive • Reston, VA 20191-1598 • 703-476-3400 • 800-213-7193 www.shapeamerica.org

*NEW Physical
Education Standards*

Indiana

MAKING
STRIDES



OVERALL SCORE

116 / 200

Scoring Key: LACING UP WARMING UP MAKING STRIDES BUILDING SPEED 100%

Supportive Neighborhoods for Physical Activity

Level of access to sidewalks, parks, and community centers for youth

2 / 10

Level of access to parks

2 / 10

- Measures assess conditions on the ground
- Data from the National Survey of Children's Health and the CDC's National Environmental Public Health Tracking Network

**Core Topic Area 4:
Physical Activity Planning and Support**



Washington

BUILDING
SPEED



OVERALL SCORE

158 / 200

Scoring Key: LACING UP WARMING UP MAKING STRIDES BUILDING SPEED 100%

STATE PHYSICAL ACTIVITY PLANNING



Adopted a state physical activity plan	10 / 10
Hosts governor's council on physical activity	0 / 10
Dedicates state staff to physical activity	10 / 10
	<hr/>
	20 / 30

While many states may have obesity prevention or health councils and plans, physical activity is often underrepresented. These indicators focus on specific physical activity plans, councils or staff.



NEXT STEPS

- Developing tools to assist advocates in using the report cards
- Using the report cards as a benchmark - future report cards (every 2 to 3 years) will measure progress

Q&A



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Please take our survey!



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Thank you!

